# To be HEALTHY and BEAUTIFUL By Mrs. Henry Symes



ous to the nerves, leaving the subject throwing the head far back and rising done by the sufferer from insomnla is of the disastrous effects of loss of sleep on the toes with each one.

cold, for which there are more remedies than there are sufferers from it. The fact that it was so long considered irremedial was due to the failure of the old and established "cures." "Counting the sheep as they go over the wall," once the most widely believed of these, even leaning over. Last of all, the book of patters that he is going to lose ing sitting up in bed, with the light near enough at hand to extinguish mended to forestall the expected attack. Indirectly each of them is, too, a beautifier, for the slumber they induce is the surest road to good looks. By removing the nervous strain incident to insomnia they remove a host is a sure road to insanity, rather than should not, unless you are possessed to sieep! So, too, of the counting exercises, where one was supposed to lie to prove a serious weight. cises, where one was supposed to lie to prove a serious weight. wide-eyed and count one thousand, or ten thousand, or a hundred thousand, these mental exercises. Perhaps the agony usually being terminated easiest way to obtain this is by staronly by the cock's crow or the break-fast bell. All of these tasks are impo-object, or at one whose movements be-

The Value of Repose.

The new science teaches the value of repose. Only by perfect rest, and that forgetfulness that comes only through extreme concentration, can one acquire sleep. First of all, the body must be thoroughly relaxed and as little cum bered by clothing as possible. Lie flat on your back and make no effort to close your eyes; in fact, abjure muscu lar effort entirely. Then, striving for the utmost concentration, carry out one of the following exercises: Imagine the word "sleep" or "repose" to be hung on a sign over your bed, and, even though the room be in utter darkness, pretend to yourself that you can see it Continue staring at this fictitious word, concentrating all your attention on it, until the eyelids fall of themselves and sleep rewards your efforts. The second exercise is more difficult and requires some practice. In the same way as in the previous drill, imagine the word "peace" to be writ ten in letters of fire, and allow the flame to travel over your entire body, from your head to each of your feet. first this feat appears impossible, and becomes easy, and is a sure way of inducing slumber.

To pass from the purely mental to the purely physical, insomnia is often cured by taking nourishment before retiring and during the night. On a small table by the bed place a spirit or electric lamp, a glass of milk, or orange or lemon juice, and a few crackers or biscuits. This is best for intermittent sleepers, as a little warm milk and a cracker taken whenever one awakes soon destroy the reason for their presence. Oranges are also good

their presence. Oranges are also good for this purpose, if the sleepless one's neighbors do not object to the odor. Never take any heavy food, but have something warm if possible, if it is only a glass of hot water.

Exercise plays an important part in the new treatment. One of the finest of these, causing actual dizziness, is to roll the head from side to side, and backward and forward, until it drops from exhaustion. Do not, however, employ this exercise immediately after

Tam a heavy coffee and tea drinker. It is not the chin can be removed? Please give me anything for such a dry skin?

I am a heavy coffee and tea drinker. It is a skin? Will you also tell me where I can have the Vaucaire formula filled? Is cocoa butter good to use for a massage?

I be me know the name of some good face powder or rouge. ANXIOUS.

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Too much coffee or tea is bad for the wrinkles are premature, and are not or, at least, to moderate, their use.

est which never comes is ruin- open window, and take twenty or thirty from utter weariness.

Only one night of sleeplessness brings as its concommitant heavy eyes, dull as not to hold the attention at all. One of the modern light novels is skin and flabby muscles; think, then, of the results of many weeks absolutely the results of many weeks absolutely mately, most persons attempting this should be well ventilated. Far from activities and the coordinate of the purpose. Unfortunately, most persons attempting this should be well ventilated. Far from activities and the coordinate of the purpose of the purpose. devoid of slumber! One hesitates be-fore a catalogue of the fils this dread kimono or negligee, and sit in a chair can do is to hold them wide open. When disorder brings in its train. Lusterless by the bedside to read. As a result, exhaustion causes them to drop, they should be forced open again, until one within it.

Fortunately, insomnia is no longer an incurable ill. It occupies in fact, something of the position of the proverbial correct "method" is to do your read- son one fears that he is going to lose

city, at least, is perhaps the best ex- food!

O sufferer from the disease needs to be told of the tortures of insomnia. The mere strain of waiting through the long night

to lie in a strained position, with the out of the discussion. Few, however, know of the really damaging ravages it makes on whatever good looks its unfortunate victim may possess.

Many persons already affected with insomnia have cured themselves by systematic reading. Naturally the book chosen should not be too absorbing or perfectly relaxed position, with the head to be too absorbing or least on a strandary possess.

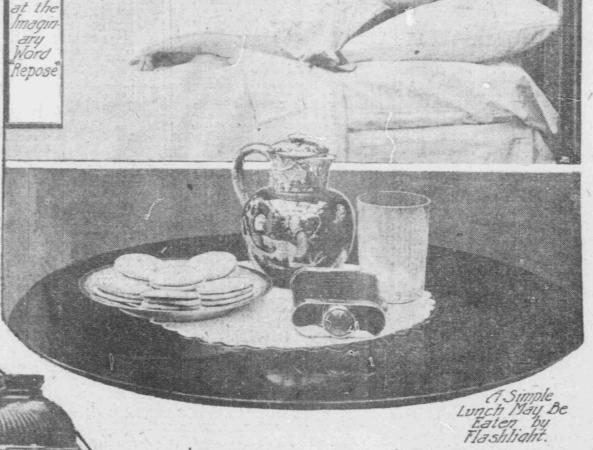
sitions upon , the already overworked wilder the mind by the brilliancy and from this "fell disorder" would benefit nervous system, and generally aggra-velocity. An electric light, often with-greatly by their own use. That is the vate the condition instead of relieving it. in the range of one's window, in the best medicine which is the well man's

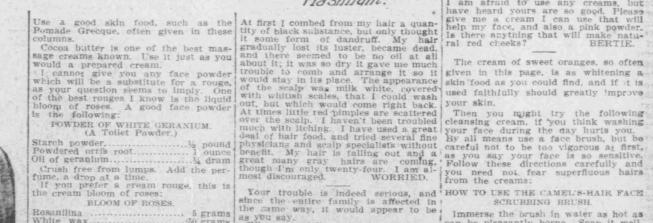
Queting the Nerves to Induce Sleep.

TIMELY ADVICE BY MRS. HENRY SYMES









Perfume to sult.

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Dissolve the dye in alcohol, add this solution to the fats previously melted, and incorporate the whole together, continuing the stirring until the mixture has cooled.

Any reliable druggist should be able to fill Dr. Vaucaire's formula. If your local druggist cannot do so, ask him to give you the name of some city druggist who can.

# LOVE'S GIFT.

Love that asketh love again Love that giveth in full store Aye receives as much and more.

Love that asketh nothing back Never suffers any lack. Love that seeketh love in pay. Rues the bargain every day. —Dinah Mulock Craik.

# CARE OF SKIN AND HAIR

#### Serious Scalp Disease.

My hair has been in bad conditon for three years. I think my brother, while away from home, must have contracted some serious scalp trouble, as each of the family now has a similar trouble.

Oily Falling Hair.

ILL you prescribe something to prevent hair from falling out, and to cure oiliness? My hair parts on either side of the head, showing the scalp very plainly. Can you prescribe any lotton to make it grow in and fill up rapidly?

PATIENCE.

Almost all tonics promoting the growth

LOTION FOR OILY SKIN.
Sulphate of zinc. . . . . . 2 grains
Compound tincture of lavender. 8 drops
Distilled water. . . . 1 ounce Care in diet should exercise a beneficial influence over the skin texture. Avoid spicy, stimulating, greasy foods, sweets, pastry, and acids.

I give you below a lotion for dry skin, which is said to be effective in many instances:

#### A Multitude of Queries.

When using the ether and soap liniment for obstinate blackheads do you! then squeeze them out or does this lobrush at any time during the treatment or plain water bath?

Do you advise milk as a good face wash? It draws my face just like any

strong astringent. Is the liquid whitener safe to use constantly, and could it be tinged a bit How long does the milk and sulphur

How long does the milk and sulphur keep good enough for use?

I am trying to get rid of little black-heads and freikles. Then I should like to know the best daily care for the skin, My face is fat, so I do not need a flesh food, but would like to know a good cold cream to keep pores cleaned out and wrinkles away.

BESSIE. After using the lotion, try to remove

the blackheads by gentle pressure be-tween the thumbs. A daily scrubbing which a pinch of borax has been dissolved, using a good complexion brush, solved, using a good complexion brush, should aid the treatment of blackheads. If milk affects the face as you say, do not use, unless you need an astringent for an oily or wrinkled skin.

I have had no complaints of the liquid whitener being injurious from correspondents, even when constantly used, and see no reason why a pinch of carmine should not be added if desired.

The length of time the milk and sulphur will keep sweet will depend on the temperature in which it is kept. You can surely tell, when the can is opened, whether it is sweet.

I append herewith a formula said to remove freckles and a good cold cream recipe for general massage purposes. cipe for general massage purposes

# FRECKLE CREAM.

Petrolatum Lanolin (annydrous)..... Hydrogen dioxide Acetic acid..... .....1 ounce WITCH HAZEL COLD CREAM.

One ounce each of white wax and spermaceti; one-quarter pint of oil of almonds. Melt; pour into a mortare which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater, and one ounce of witch hazel, and as-siduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

# For a Rough Skin.

I would like to have a good cold cream for my face.

How would you advise me to treat my face? It is so rough, and the pores are large, giving my face a coarse, gummy look, and my face seems yellow. I would like a cold cream that will whiten and make my skin fine and smooth. Also something to take that grimy look away. I want a cream that I can use as a cleansing cream, as my face is dry, stretched and shiny looking, and I think washing it so often does it. Do you advise the face brush and soap? Some people say it makes large pores. My skin is very thin and sensitive, and I am so afraid of hair on the face that I am afraid to use any creams, but have heard yours are so good. Please give me a cream I can use that will help my face, and also a pink powder. Is there anything that will make natural red cheeks? like a cold cream that will whiten and

I would be pleased to have you tell me I should not advise the constant us what is good for the face. My face has of any powder, as it clogs the pores.

though I'm only twenty-four. I am almost discouraged. WORRIED.

Your trouble is indeed serious, and since the entire family is affected in the same way, it would appear to be as you say.

Where specialists have tried and failed, I would not presume to advise further than to urge you to leave no stone unturned to bring about an improvement in your condition. Were your condition mine, I should besiege the profession for relief.

Acting purely on common ense methods, it would seem to me that a harmless antiseptic might be applied to advantage, accompanied by nightly half-hour massage treatments to stimulate and invigorate the scalp. Weekly shampoos in tar soap suds, several rinsings, and a final one in strong salt water, after the hair is rinsed entirely free of soap, would be hygienic, and could not possibly do harm.

I sincerely trust you may shortly obtain relief. The condition is now one of such long standing that it might be termed chronic, and it will no doubt require persistent and indefatigable effort to effect a cure.

"Sugary" Appearance.

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